

UTERINE FIBROID EMBOLIZATION POST PROCEDURE DISCHARGE INSTRUCTIONS

Level of Activity is Limited:

- **Stair climbing:** Keep to a minimum the first week, try to limit it to one time, every eight hours.
- **Exercise:** Take it easy and slowly increase your activity over the next three to four days. While you will progressively feel better, you can anticipate a lack of energy and you should rest when you are tired.
- **Shower:** You may only shower, no tub baths for the next 7 to 10 days, until the groin puncture site is completely healed.
- **Sexual Relations:** Nothing per vagina for 2 weeks. You may have unrestricted activity, including sexual relations and exercise two weeks after the procedure.
- **Return to work:** You may return to work in 3-5 days.
- **Driving:** Do not drive until you are no longer taking the prescription pain medications. These medications may make you sleepy. You should also not operate any machinery or kitchen appliances while you are on these medications.
- **Other limitations:** No heavy lifting, pushing, or pulling for 2 weeks.

Diet:

- No restrictions.
- Increase fluids and fiber.
- You may have prune juice or over the counter mild laxative/stool softeners (such as Senokot) to help keep your bowels active and stool soft. Constipation will make cramping worse.

Caring for the Puncture Site:

- You may have a small amount of bruising at the puncture site (where the catheter entered your skin). This is normal and should go away over the next several days.
- You may shower after 24 hours.
- After showering, replace the bandage with a Band-Aid. Do this until the skin is completely closed.
- Observe the site. Some bruising is normal. As this heals, the bruising may spread out over several days and look worse.
- You may feel a small knot, about the size of a large pea, under the skin of the puncture site. This is normal and will fade in a few months.
- If you have continuing pain at the puncture site, you may take Motrin or Advil and please call our office. This is due to irritation of the nerve branch that passes by the puncture site.
- Call our office if there is any widening of the incision site, drainage, redness, or severe pain at site. We can be reached by calling: 1-908-874-9236.
- If you notice any swelling or active bleeding from the puncture site, which is very rare, call for help (911) and:
 - Lie down flat
 - Apply direct pressure with your fingers over top of the site for a minimum of 10 minutes

Menstrual Periods, Vaginal Discharge, or Spotting

- It is normal to have a brown or brownish red vaginal discharge or spotting after the embolization. This may continue for a few weeks or until your first period. Occasionally, patients can have a clear watery discharge for several weeks or months after the procedure. This does not indicate infection. Use a sanitary napkin until any discharge stops.
- A thick or foul-smelling discharge, particularly accompanied by a fever, shaking, chills, or pelvic pain may indicate infection. You need to contact our office immediately.
- Your next menstrual period may start early, or you may skip a period or two. The period may be better right away although most patients do not improve for 2 to 3 cycles.
- DO NOT use tampons for the next 2 periods. Use sanitary napkins only, for the next 2 periods.
- You may have more discomfort with your first and possible second menstrual period. These increased cramps should resolve as the fibroids shrink over the next several months.
- Fibroids are estrogen driven. As they shrink, you may have a sudden change in hormones that may cause mild depression to “hot flashes.” This is usually self-limiting and requires no treatment.

Medications

- You will receive prescriptions for one or all of the following medications:

Constipation Management

- The medications you were given during your procedure and hospital stay, as well as your discharge pain medications, tend to cause constipation. Constipation in the days after your procedure will increase your abdominal discomfort. Please follow these instructions to keep your bowel function regular after your procedure:
- Drink plenty of liquids to keep your body hydrated and to help keep your bowels functioning properly.
- Take Senokot capsules (stool softener to prevent constipation). The generic name for this medication is sennosides. Take 2 tablets daily while you are taking any narcotic pain medication.

Potential Problems:

Symptoms that may indicate problems:

- Swelling or active bleeding from puncture sites
- Pain arising several days or weeks after the initial pain has resolved
- Elevated temperature (> 101°F)
- Irregular vaginal discharge that is foul smelling or copious (may indicate infection or partial passage of fibroid requiring gynecologic evaluation)
- If these symptoms occur, contact our office immediately.

Follow-up Care

- You will receive a call in 6-8 weeks (about 2 months) to schedule a 2-month pelvic MRI.
- Once we receive the results from your scan, the Patient Care Coordinator will give you a call to schedule an appointment to go over the results.

Physician Contact Information

- If you have a problem that requires immediate attention, you should go to the emergency room at the closest hospital or call 911.
- We can be reached at **1-908-874-9236**.

These instructions are intended as a guide, and all instructions specific to your case will be reviewed with you by your care team.